MY PERSONAL PRAYERS

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MY PERSONAL PRAYERS

I pray all the following every day, mostly in my morning shower or before my day really starts, some at get up, some at bedtime, and some at any point in the day when I have a moment of inspiration. These prayers are a window into my soul.

My Lord and my God, I believe in you, I trust in you, I love you, not well enough. I want to do your will and to bring your love to all those whom I love – each and everyone of my families, relatives, friends, neighbors and colleagues from throughout my life, and their own families, past and present, alive and deceased, wherever they may be. May my love for them be a pathway for your love for each and every one of them.

Praise and joy, love and thanksgiving to the Father, the Son and the Holy Spirit, for your abundant goodness and blessings, your love and mercy, for me and for each and every one of my loved ones.

I pray for their temporal and spiritual lives, for their health of body, mind and spirit, for their guidance and support, their care and protection and for each and every one in their own special needs.

And I pray for all of my deceased loved ones, families, relatives, friends, neighbors and colleagues, and their families, for their safe judgment, for forgiveness of their sins, and for a speedy completion of their journey to the fullness of eternal life. Eternal rest grant unto them, O Lord, and let your perpetual light shine upon them.

For their sake, I pray and offer thee, my Lord and my God, my life and my love, my prayers and my works, my joys and my sufferings in union and communion with your Church and your people, with, in, and through your own most holy Sacrifice of the Mass. An offering in faith, hope and love, an offering in praise and joy, love and thanksgiving for all of your abundant goodness and blessings, for me and for all my loved ones, for it is all and only through your love and mercy.

And on behalf of each and every one of my loved ones wherever they may be, I pray in love and thanksgiving to all those who are or who have been a pathway, an instrument of your love and blessings. In love and thanksgiving to our Holy Mother Mary; in love and thanksgiving to all the many holy angels and saints who bless us with guidance, support, care and protection; in love and thanksgiving to all of our loved ones in heaven; in love and thanksgiving to all of our loved ones in purgatory; in love and thanksgiving to each and everyone here with us in this life for their blessings for me and for one another; in love and thanksgiving to all those in our communities, our country and around the world who provide for us, care for us, support and protect us, for it is all and only through your love and mercy.

For their sake, I pray:

Our Father, who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us each and every day our daily bread and forgive us our trespasses as we forgive those who trespass against us. Lead us not into temptation, but deliver us from evil, for it is all and only through your love and mercy.

O, my Jesus, forgive us our sins, save us from the fires of hell, and lead all souls to heaven, especially those of my loved ones, past and present, alive and deceased.
Come Holy Spirit, fill the hearts and souls of each and every one of my loved ones wherever they may be. Kindle in them the fire of your saving love. Send forth your spirit and they shall be created, and you will renew the face of the earth.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen.

And I pray to our Holy Mother Mary on behalf of my wife, for all of my loved ones here with us in this life, and for each and every one of my deceased loved ones, and for all of their families, past and present, alive and deceased, wherever they may be. I pray for their health of body, mind and spirit, for their guidance and support, their care and protection, and for each and every one in their own special needs. I pray for their spiritual life, their conversion, renewal and reparation for their sins, for their peaceful passing, for their safe judgment, and for the speedy completion of their journey to the fullness of eternal life.

Hail Mary, full of grace, the Lord is with thee, blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.

And I pray for all those who are suffering in body, mind and spirit in our community, throughout our country and around the world. I pray for all those suffering from war, persecution, violence and oppression. I pray for all those suffering from disasters, accidents and all illnesses. I pray for all those suffering in hospitals, nursing homes and in their own homes. I pray for all governments, agencies, institutions and individuals, doctors and nurses, employees and volunteers who care for those who are suffering. And I pray of for the resources needed for their lives – food and water, shelter and sanitation, health care, dignity and respect for all.

Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then most gracious advocate, thine eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet virgin Mary,

pray for us O Holy Mother of God, that we may be made worthy of the promises of Christ, your son, our Lord.

Immaculate heart of Mary, our Holy Mother, our Lady of Lourdes, please pray for all of my loved ones, past and present, alive and deceased, wherever they may be, for each one in their own special needs of body, mind and spirit.

And I pray for the conversion of heart and soul of all those in governments, agencies, institutions and individuals who cause so much harm and suffering, in our county, and around the world, that they may instead provide for the care of all peoples, respect for all lives, and justice for all those who harm others.

St. Michael, the Archangel, defend us in the battle. Be our protection against the malice and snares of the devil. We humbly beseech God to command him, and do thou, O Prince of the Heavenly Hosts, by the power of God, cast into hell, Satan and all the evils spirits who roam throughout the world, seeking the ruin of souls. Amen.

Prayer when washing
My Lord and my God, cleanse my heart and my soul, my mind and my body of the stains of my life, that I may serve you without defilement, through your love and mercy. Amen.

Prayer before meals
Bless us, O Lord, and these thy gifts which we are about to receive from thy bounty through Christ, our Lord. Praise and joy, love and thanksgiving to the Father, the Son and the Holy Spirit, for these and for all of your abundant goodness and blessings, for it is all and only through your love and mercy. Amen.

And I pray for you, my reader (if you've been patient enough to get this far, thank you). I pray for your own wellbeing, for God's blessings and health in body, mind and spirit, for your guidance and support, care and protection, for your safe judgment and a speedy completion of your own journey to the fullness of eternal life. I pray that God's inspiration for my work is a pathway for his love and blessings for you and your loved ones. And may God inspire you to a loving, virtuous and generous life, truly the pathway to heaven. Through God's love and mercy, Amen.